

Heritage Center

The Heritage Center is 55+

April 2015 Supplement

Heritage Center
#10 E. 6150 S.
801-264-2635
www.murray.utah.gov

Accredited by 
National Institute of
Senior Centers

April Updates

- The **Tuachan Trip** sign up has begun. Travel **June 8-11** to Mesquite and enjoy Beauty and the Beast and Disney's When you Wish at the Tuachan outdoor Theater. Cost is \$325 double occupancy.
- **Private computer classes** are available on **Monday, Tuesday, or Thursday**. Check at the front desk for times.
- Learn something new, give **Ceramics** a try. An introductory class is scheduled for **Thursday, April 30 at 9:30**. Cost is **\$10** and includes all supplies to make a summer yard project. Basic information and instruction will be given on **April 30** and you can come back to finish the project on any Tuesday/Thursday following.
- **Wendover** trip is scheduled for **Thursday, May 14 at 8:30 am**. Cost is \$17 per person.

Mother's Day Tea signups begin April 13

Changed
DATE!



The annual Mother's Day High Tea will be held on **Tuesday, May 5 from 11:30 -1:00**. The cost is **\$6.50** per person. **Tickets go on sale starting April 13** and seating is limited. Choose where you'd like to sit for this "family" style meal. Plates of food will be served at your table and include bite size tastes of Cucumber Sandwiches on Croissants, Egg Salad Sandwiches, Stuffed Mushroom Caps, Spinach Artichoke Phyllo Cups, Fruit Kabobs with Dip, Scones, and Lemon Bars and a variety of tea to sample. If you would like to bring your favorite tea cup, please feel free to do so. Get a group of friends together and reserve your table starting April 13. Payment must be made at the time you make the reservation.

Senior Learning Network — April 23 at 10:00

The Senior Learning Network presentation of The Grand Canyon was not available, so the topic has been changed to the Japanese-American Internment: Executive Order 9066. This will be a two part class starting with the presentation and ending with a field trip. The presentation will be from the Franklin D. Roosevelt Library located in Hyde Park New York. A presenter from the Library will explore with us via computer and television the decision leading to the internment of American citizens of Japanese ancestry at the beginning of World War II. This is an interactive presentation.

The second part of the presentation will be a field trip on **Thursday, May 7**. Arrangements have been made to travel to Delta, Utah and the site of Utah's Relocation Camp, Topaz. The internment of Americans of Japanese ancestry during World War II was one of the worst violations of civil rights against citizens in the history of the United States. The government and the U.S. Army, falsely citing "military necessity", locked up over 110,000 men, women and children in 10 remote camps, one in Utah, near Delta called Topaz. The Heritage bus will head for Delta on **Thursday, May 7 at 10:00** and the cost is **\$6**. The first stop will be the famous Rancher's Café where lunch will be on your own. After lunch, we will travel to the ruins of the Topaz camp and visit the museum constructed on site telling the story of the 11,000 internees.

First choice for the trip will be given to the first 19 who sign up and attend the free presentation from the Roosevelt Library. When you attend the presentation, we will confirm you want to go on the trip and collect the **\$6** at that time.

Save your stuff! Yard Sale/Car Show coming Sat., June 20

April

2015



Heritage Center Events

Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday		Tuesday	
		<div>General Golf Meeting is April 6 at 10:30. Come and learn about the 18 hole golf tournaments held every other Monday at a different course. Play begins on April 20 at Stonebridge. Complete info at the meeting. See you there!</div>	
9:00 NIA 9:15 Computer Help 10:30 Golf Meeting 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- Maze Runner 1:00 Dance Lessons 2:00 Strength Conditioning	6	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Wise Use of Medication 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	7
9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 12:30 Diabetic Cooking Class 1:00 Movie- Hundred Foot Journey 2:00 Strength Conditioning	13	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:00 Hill Aerospace/The Hive Winery 10:30 Tai Chi 11:00 Canasta / Attorney Consult 11:30-12:30 Lunch 12:30 Exercise / Bereavement Support 12:45 Crafts / 1:00 Computer Help 2:00 Birdhouse Craft 2:00 Beginning Line Dancing	14
8:30 Golf/Stonebridge 9:00 NIA 9:15 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- Left Behind 2:00 Strength Conditioning	20	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:45 Crafts / 1:00 Computer Help 2:00 Beginning Line Dancing	21
9:00 NIA 9:15 Computer Help 9:30 AARP Driving Class 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie- Best of Me 2:00 Strength Conditioning	27	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	28

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Taxes 12:30 Stepping On 12:45 Special April Fool's Bingo 1:00 Bridge	1	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 11:00 Blood Pressure/Glucose 12:30 Exercise Help 12:30 Game Day / Happy Hatters 1:00 Square Dance 2:00 Strength Conditioning 7:00 Dance	2	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	3
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes 12:30 Stepping On 12:45 Bingo 1:00 Bridge	8	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:00 Clark Planetarium 12:30 Exercise Help / Game Day 1:00 Square Dance 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance /UTE RC	9	9:00 Zumba 10:00 Yoga 10:30 Home Safety Class 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	10
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	15	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:30 Games / Happy Hatters 1:00 Square Dance 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance	16	9:00 Zumba 10:00 Yoga 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	17
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	22	8:30 Ceramics 9:00 Stretch/Pickleball 9:30 Toe Nail Clippings 10:00 Senior Learning Network 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 1:00 Square Dance / Computer 2:00 Strength Conditioning 7:00 Dance	23	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	24
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge	29	8:30 Ceramics 9:00 Stretch/Pickleball 9:30 Intro to Ceramics 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day/Tulip Festival 1:00 Computer / Square Dance 2:00 Strength Conditioning 7:00 Dance	30		

Program Reminders

Recreation

Jam Session Thursday, April 9 at 3:30

Square Dance on Thursdays at 1:00

Services

Attorney on Tuesday, April 14 at 11:00

Blood Pressure and Glucose checks on Thursday, April 2 at 11:00 and Friday, April 17 at 11:00

Podiatrist on Thursday, April 23 at 9:30

Barbershop every Tuesday morning.

Computer Help \$3 — Mondays, Tuesdays or Thursdays — call for appointment

Trips

Planetarium — Tuesday, April 9 at 12:00

Hill Aerospace/Hive Winery — Tuesday, April 14 at 10:00

Tulip Festival — Thursday, April 30 at 12:30

Classes

Meditation on Mondays — April 6, 13, 20, 27 at 10:30

Stepping On — Wednesday, April 1 at 12:30-2:00 — runs through May 13

Cooking with Diabetes — Monday, April 13 at 12:30

Bereavement Support on Tuesday, April 14 at 12:30

Birdhouse Craft — Tuesday, April 14 at 2:00. Cost is \$5 and includes all supplies.

Medicare Counseling on Tuesday, April 23 at 12:00

Vital Aging on Tuesday, April 28 at 10:30

Exercise every day — check the front desk for a schedule of classes.

Stepping On Class—reduce your risk of a fall

On **Wednesday, April 1 from 12:30-2:30** the Center will offer the first in a series of eight **Stepping On** classes which will run through **Wednesday, May 20**. The **Stepping On** program addresses information regarding ways to reduce falls and at the same time increase self confidence in situations where you may be at risk of falling. Falls are a serious problem, but can be prevented at any age. The program covers a range of information including: falls and risk of falls, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to talk with your doctor in order to complete a medication review. This class is facilitated by volunteers Colleen Winther and Catherine Greene. During this 8-week program you will learn from an Occupational Therapist, Vision professional, and a Pharmacist. This is a free class, sign up now.

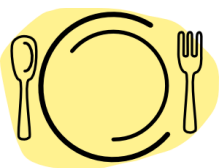
Wise Use of Medication

The Center is pleased to welcome Renee Petty, from The University of Utah School of Pharmacy, on **Tuesday, April 7 at 10:30** to discuss the “Wise Use of Medication.” She will review the dangers connected with taking both prescription and over-the-counter drugs. Her program emphasizes the need to keep prescribing professionals (*your doctors*) informed about all drugs being taken, including the doses (*which may change with time*). Not only is this communication important in preventing harmful interactions between the drugs it also decreases the possibility of negating the effectiveness of others. She will also cover the effectiveness of drugs as they age beyond the expiration date listed on their container. This is a free class, sign up now.

Safe & Secure in Your Home

On **Friday, April 10 at 10:30** a representative from Murray City’s Police Department will be at the Center to present a class called **Safe and Secure in Your Home**. Do you know how to make your home safe from burglars? You can protect your family, home and other possessions with only a small investment of time and knowledge. Most burglars will spend no longer than 60 seconds trying to break into a home. There are many simple deterrents that can keep your home and possessions safe. Electronic media such as Facebook can be a friend or foe, think before you post your travel plans or activities. Some topics this class will cover include: Protecting the Outside of Your Home, House Numbers, Fences, Lighting, Landscaping, and Windows and Sliding Doors. This class will also include tips on Securing Your Home. This is a free class, sign up now. There will be time for Q&A. Don’t miss this class — the most important thing you will gain is some peace of mind.

Coming in May — **Thursday, May 14** at 10:30 a representative from the Elder Law Section of the Utah State Bar will present on Advance Directives. The Advance Directives form helps others give you the care you want when you cannot make decisions or communicate for yourself.



April 2015 – Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
		1 PARMESAN CRUSTED PORK Roasted Potatoes Veggies Birthday Cake & Ice Cream	2 CHICKEN & DUMPLINGS Salad Ginger Cookie	3 POT ROAST Mashed Potatoes & Gravy Carrots Chocolate Bread Pudding
6 No Lunch	7 PHILLY SANDWICH Almond Salad Strawberry Shortcake	8 LEMON THYME CHICKEN Baked Potatoes Spinach Casserole Chocolate Chip Cookie	9 PEEKING PORK Fried Rice Veggies Coconut Rice Krispy Treat	10 BROCCOLI CHEESE SOUP ½ Sandwich Fruit Apple Cobbler
13 No Lunch	14 SHRIMP & BACON CORN CHOWDER Green Salad Cinnamon Oatmeal Cookie	15 CHICKEN FRIED STEAK Mashed Potatoes & Gravy Veggie Texas Sheet Cake	16 KENTUCKY HOT BROWN (Hot Turkey Sand- wich) Tomato Salad Mint Julep Cake	17 BBQ PORK CHOP Macaroni & Cheese Broccoli Brown Sugar Cookie
20 No Lunch	21 CHICKEN BACON RANCH PASTA Roasted Broccoli Caramel Brownie	22 CHICKEN AVOCADO LIME SOUP Tortilla Wedge Salad Churros	23 SLOPPY JOE Oven Fries Fruit Pavlov	24 GARLIC SPAGHETTI Salad Breadstick Pistachio Cake
27 No Lunch	28 BLT Chips Fruit Cookies & Cream Cake	29 HERB TILAPIA Rice Green Beans Chocolate Mousse	30 CHICKEN CORDON BLEU PASTA Salad Berry Cookie	